



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL [office@annunciation.org](mailto:office@annunciation.org)

March 2004

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## THE GREAT LENT BEGINS: LENTEN PROGRAM INTRODUCED

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February 23rd marked the beginning of the Great Lent, a period of forty days before Easter (actually, you count them, there are more, because Saturdays and Sundays are not counted as days of strict fasting, the others are), which serve as a preparation for the Great Feast. During Lent, the number of religious services increase. Instead of just the Divine Liturgy on Sundays and an occasional saint's day, when the Liturgy is also celebrated, during the Great Lent we celebrate the Divine Liturgy of the Presanctified Gifts every Wednesday (at 10 a.m.), and the service of the Akathist Hymns to the Virgin Mary (Theotokos) the first five Fridays (at 7 p.m.). The Divine Liturgy of the Presanctified Gifts is also celebrated the last Friday, before Holy Week (April 2 at 6 p.m.) and Holy Monday, Tuesday and Wednesday mornings. In addition, there is Liturgy the morning of Lazarus Saturday (April 3), and the Service of the Crowning on Palm Sunday, Holy Monday and Tuesday evenings (at 7 p.m.). On Holy Wednesday (April 7) we will have two services of Holy Communion--an abbreviated service for children, at 4 p.m., and the regular service at 7 p.m. On Holy Thursday (April 8) we celebrate the Divine Liturgy, preparing Holy Communion which remains in the tabernacle on the Holy Altar until Holy Thursday 2005 (the communion taken to the sick) at 10 a.m. and the Service of the Crucifixion at 7 p.m. On Holy Friday (April 9) we celebrate the Royal Hours at 10 a.m., the Service of Descent from the Cross at 1 p.m., and the Vespers at 7 p.m.. On Holy Saturday morning at 7 a.m. we celebrate the anticipatory Paschal Liturgy (and also baptize adult cate-

chumens), and the Paschal Vigil followed by the Paschal Liturgy beginning at 11:00 p.m.. Then, there are the additional rites and services on Sundays: for example, the first Sunday of Lent (February 29), known as Sunday of Orthodoxy, is an occasion for pan-Orthodox Vespers; this year they will take place in the Holy Trinity Cathedral on Green Street at 4 p.m..

Just in terms of services, as you can see, the calendar is pretty full. And these are meaningful. More and more, we hear, following the Paschal Liturgy, what a spiritually uplifting period this has been for us. And that's great, but then we go back to our usual habits and to the usual and familiar patterns of everyday life. When the clergy of our Metropolis met back in November, they decided unanimously to introduce into their parishes a program which was developed and has met with much success in the Northridge parish, the Lenten program, as we called it in the last issue of the *Herald*. Open to all members of the parish, young and old, the program has as its objective an even more meaningful Great Lent and Pascha and, ultimately, a more fulfilled life. We cannot tell you too much about the program in this paragraph. The specifics were spelled out on February 23rd, at the initial gathering of those parishioners who opted to participate this year. All we can tell you is, it has something to do with the Vigil Candle and the box which you will see all during the Great Lent in front of the Icon of Christ. Father Stephen will be making reference to this on Sundays and during some of the other Lenten services.

The Church offers us many ways to help us grow in Christ, as

we attempt to live out our lives more meaningfully. We are happy to introduce a program that is not asking us to buy a ticket, or serve on a committee but, rather, is asking us to pay special attention to the care of our spiritual selves. We wish all a good Great Lent and a joyous Pascha.

### SUNDAY OF ORTHODOXY

On February 29, the first Sunday of Lent, Orthodox Christians worldwide celebrate the Sunday of Orthodoxy. The historical significance of the Sunday of Orthodoxy dates to 787 A.D. when the Fathers of the Seventh Ecumenical Council, which met in Nicaea, decreed the restoration of the icons as a means for the spiritual growth and formation of the Christian ethos and character in the likeness and image of God and His Saints. In 843 A.D., when the veneration of icons was solemnly proclaimed at Aghia Sophia Cathedral in Constantinople, clergy and monks came in procession and restored icons to their rightful places within the Church. The Sunday of Orthodoxy is traditionally celebrated in Orthodox Churches worldwide on the first Sunday of Great Lent. Following the Divine Liturgy, a procession of icons and a recitation of the Declaration of Faith take place.

At the Cathedral, Sunday school children participate in the procession, holding icons and other religious symbols. In the afternoon, the Bay Area Orthodox clergy convene for Pan-Orthodox vespers. This year, the vespers takes place at the Holy Trinity Cathedral, located on Van Ness and Green Streets, beginning at 4 p.m.



## PASCHA IN THE GYM

We tried it last year and it was great--Palm Sunday Divine Liturgy in the gym, rather than in the chapel. Why, some asked, didn't we continue to have services in the gym, especially the Paschal Liturgy, when our chapel is literally filled to overflowing. One reason is that we need to re-set the gym for the Waldorf High School. The other reason is that we need the gym for the *magheretsa* (the meal) following the Paschal Liturgy. This year, however, since Western and Orthodox Easters coincide, and Waldorf School has the week off, we thought we would try having all our services in the gym.

Then, what about the *magheretsa* (or Paschal meal)? Well, the chapel is really a multi-use facility (it's not the church--which we still expect to build down the road--and it is not consecrated), so we'll have the Paschal meal there (buffet style, for the most part, with a few tables and chairs). So, that's it: Pascha in the gym. Now, as for parking, we will have the attended parking services of California Parking for the large services (Palm Sunday, Good Friday, Pascha night). They will direct our parking in our lot as well as in the Armory, which we will have to rent for this purpose.

### MAY 15: A NIGHT WITH BASILE (BILLY) KATSIKAS (GOAT)

You've heard of Basile! Actually, his name is Vasilios (Basile is a shortened version) Katsikas, which literally translates, "Billy Goat." He's a comedian, and quite funny. He makes Greek-Americans laugh about their experiences growing up as Greek-Americans. Last year, he appeared in Oakland, at the Ascension Cathedral and brought the house down. This year, Vasili is back on the West Coast. We've invited him to perform at the Annunciation Cathedral, which he will do, with all new material, on **Saturday, May 15**, beginning at 8:00 p.m. The performance will be preceded at 7:00 p.m. by a social, including hors d'oeuvres, complimentary wine, and a no-host bar. An evening of

fun and laughter. You may reserve tickets for the occasion, on a first-come first-serve basis, *by completing the reply form found elsewhere in this issue of the Herald*, or by calling the Cathedral, at 415 864-8000. The donation is \$40 per person, and we will have attended parking.

Meanwhile, please know that **Pat Aleck**, **Pat Destein**, and **Dr. George Ambadiotakis Ambus** are heading a committee which is working to make the evening of May 15 with Basile, a night to remember. For further information, call Pat Aleck, at 415 566-8544, Pat Destein, at 415 883-7477, or Dr. Ambus, at 650 583-5121.

### APRIL 25: HONORING PAT ALECK

The Parish Council is happy to announce that it will be hosting a testimonial dinner honoring **Pat Aleck** as Past President of the Parish Council on Sunday, April 25. In addition to her having served the Parish Council for many years, Pat was President of our community for six years. Pat has demonstrated her tireless commitment to our parish as well as to the Hellenic Community of the Bay Area, the Metropolis, the Metropolis Philoptochos Board, and numerous institutions. Everyone is invited to attend the dinner, which will take place at Annunciation Cathedral's Korinthias Hall, at 6:00 p.m. The donation for the dinner, preceded by no-host cocktails at 5:00 p.m., is \$40.00 per person. For further information, call the Cathedral office, at 415 864-8000.

### FDF AND ALL THE HOOPLA

As announced in last month's *Herald*, Annunciation was represented at FDF this year, in Ontario, California, February 12-15, by our two older groups--**Kymata** and **Arete**. Their performances were outstanding. With competition this year as stiff as it was (over 101 groups participated), we did not come with medals, as we did year after year in the past. However, we came home with the satisfaction that we did our best, and with the resolve to practice harder and harder for next year's competition.

Next year, the Folk Dance Festival will take place at the Reno Hilton, which is very close to the airport (and at a distance from downtown Reno.) All events will take place within the facility which, among other things, boasts an in-house bowling alley, open 24 hours a day. So, what's the hoopla all about? Well, the love of dance, and song, the love of learning about faith and heritage and culture. The love of doing our best. And we did. Meanwhile, we are back and, after a much-deserved rest, will resume practice. The Cathedral has four teams, **Philadelfakia** and **Angelakia** being the other two, with a total of 75 in the program.

### FROM WOMB TO TOMB AND BEYOND: PHILOPTOCHOS LENTEN RETREAT

With Father James Gavrilos as Retreat Director, the San Francisco Metropolis Philoptochos invites you to join them at a Lenten Retreat, March 26-28, at the St. Nicholas Ranch and Retreat Center. The retreat aims at facilitating an examination of the sacramental life of the Orthodox Church through the spiritual life of the Orthodox Christian. The cost is \$130.00 per person (\$220. per couple). For additional information, contact Fofu Olson, retreat coordinator at 925 687-8337 or St. Nicholas Ranch, at 559 338-2103.

### RECENT SERVICES AT THE CATHEDRAL

#### FUNERALS

*Irene M. Gianaras*, who fell asleep in the Lord on December 20, was buried December 24. Next of kin are her husband, Panos, and children John Gianaras and Genie Sasloff, and their families.

*Stella Bower*, who fell asleep in the Lord, on February 12, was buried in Oregon, subsequent to a trisagion sung on February 17. Next of kin is her husband, William Bower.

*Nina Gustine Pappas*, who fell asleep in the Lord on February 22, was buried February 24. Next of kin is her niece, Julie Pappas.

*Aionia afton i mnimi!*

*May their memory be eternal!*



## COME JOIN US...

**FRIDAY, APRIL 2, 2004, 6:00 p.m.**

This is the day when we will celebrate an evening Presanctified Divine Liturgy. For the first time, the readers will include teachers and students from our Sunday School, as well as participants in our Lenten program. For many people, participation in this ancient Liturgy will be a first-time experience. At the conclusion of the Liturgy, everyone is invited to partake of the Lenten meal, which will be prepared by Effie Vellis and her crew, on behalf of the Sunday School.

## PHILOPTOCHOS NEWS

Angie Leventis

We are up and running for the year 2004. We had a very successful Vasilopeta Brunch in January and our crabfeed was also a memorable event. We extend many thanks to all the volunteers who took time from their busy schedules to help put on both of these events. What a great team effort! In addition, on Sunday, February 1, we hosted a 40-day memorial for Irene Gianaras. The costs were shared by the Philoptochos and the community at large. Her family was most appreciative of this event.

**Bus Tour** - On Tuesday, March 16, the Ladies Philoptochos is sponsoring a Sight-seeing Tour to Monterey/ Carmel leaving the Cathedral at 9:30 a.m., with lunch in Monterey, then a tour of Carmel on your own in the afternoon, arriving back in San Francisco at 7:00 p.m. The cost is \$53.50, which includes the tour, guide, and lunch. Please contact Yota Gofas at 650 - 349-1800 to make a reservation. There is still space available - however, it is limited.

**March 25th Luncheon** - On Greek Independence Day and Evangelismos of the Theotokos, March 25, 2004, we will again be serving a Luncheon after church services. The cost is \$10.00 per person and we assure you the lunch will be wonderful. In addition, we will be announcing the Woman of the Year for 2004.

**Kids 'n Cancer Project** - At the end of February, we are delivering 100 Bears and blankets to the Pediatric units at San Francisco General, and UCSF and 50 Bears and blankets to California Pacific Medical Center for their pediatric unit. The Agape Bear Care Package is part of the Kids 'n Cancer Project in conjunction with the Metropolis Philoptochos.

**Mother's Day Luncheon** - Let's not forget the 45th Annual Mother's Day Luncheon which will be held on Saturday, May 8, 2004, in our community hall. Please mark your calendars to hold this day for a very memorable event. The cost will be \$40.00 per person. Tessie Obester, chair of this event will have more details as we get closer to the date. In addition to the luncheon, we are mailing out raffle tickets to all parishioners and even though you may not be able to attend the luncheon, we hope that you will purchase some raffle tickets. You need not be present to win the prizes. The proceeds of the raffle tickets will go to the Kids n' Cancer Project - a most worthwhile project.

Please complete the invitation to be found elsewhere in this issue of the *Herald*, and submit to the Cathedral Office.

## EASTER BAKE 2004

Easter Bake time is here once again and if you want any Easter goodies, please complete an Easter Bake form which is available at the church. Basically, we will be offering for sale, tsourekia, red colored eggs and koulourakia.

Place your order now, either by completing the form below, or by completing one of the flyers located at the Pangari and returning the form to the Cathedral office. If you prefer, you may call in your order, 415 864-8000. Just be sure to enclose payment with your order.

### -EASTER BAKE ORDER FORM

<u>Item</u>	<u>No. of Orders</u>
Easter Bread @ \$10.00 each	_____
Koulourakis @ \$6.00 per dozen	_____
Red Colored Eggs @ \$4.00 per dozen	_____
Decorated Eggs @ \$5.00 " "	_____
Total	_____
Name	_____
Telephone No.	_____

## GREEK INDEPENDENCE DAY PARADE

The Consulate General of Greece, The Hellenic Federation of Northern California, and The Greek Orthodox Metropolis of San Francisco cordially invite you to celebrate the Greek culture and heritage on the occasion of the 183rd Anniversary of March 25, 1821, the birth of the Modern Greek State, on Sunday, March 21, 2004. The parade will be between 2:00 and 3:30 pm, from Market and 4th Sts. to City Hall. The cultural program will be between 4:00 - 5:00 pm in the City Hall Rotunda, and a reception will follow until 7:00 pm. The reception will be hosted by The Consulate General of Greece and Mr. Dimitrios Touloupas. All events are free of charge. We suggest parking at the Civic Center Plaza underground garage. Shuttle busses from City Hall to the parade are available from 12:30-2:30.

For additional information:

Cultural Program: The Hellenic Federation:  
(650) 941-1890 ted@laliotis.org

Reception: The Consulate General of Greece:  
(415) 775-2102 sfgr@greekembassy.org

The Parade: Justin Kyriacou (415) 334-7735  
jckyriacou@hotmail.com

The Greek Orthodox Metropolis:  
(415) 753-3075 francos@sanfran.goarch.org



# FOCUS ON YOUTH

## G.O.Y.A. HIGHLIGHTS

by Alexandra Kallas,  
G.O.Y.A. President

The Annunciation G.O.Y.A. is off to a good start for 2004. First of all, at the February meeting the motion was made to lower the age requirement for G.O.Y.A. Formerly, it was open to teens 13-18 years old. However, due to the lack of teens between these ages, we have opened membership to 12 year olds born in 1991. Also Father Stephen appointed Tula Kallas-Chase, along with Athena Stavrakaras, as a G.O.Y.A. advisor. New members, note: we meet the second Wednesday of every month.

You may have noticed G. O. Y. A. has re-opened the snack bar for business. It is open on Sundays when there are basketball games. It is also open week nights during dance and basketball practice. So far, we have raised close to \$600.00. Thank you to everyone who has helped. Let's keep up the good work. In addition, \$500.00 was raised by G. O. Y. A. for staying after the Crabfeed and not only cleaning through the night but also helping to set up for yet another event the following day. Mike Canellos extends his thanks to all.

G.O.Y.A., you also did a wonderful job serving and cleaning on Godparents Sunday. I am very proud to see the Annunciation G. O. Y. A. once again active at the Cathedral.

We have a very promising year ahead. Discussions have begun about the kinds of events we wish to sponsor, and how, as the teenage youth of the parish, we can contribute to the church. We have discussed holding more fundraising events, such as a carwash, candy sales, ice cream social, and a talent show brunch. If you have any questions about G. O. Y. A., please contact Alexandra Kallas at 510-538-8079 and please mark your calendars for our next meeting, which will take place on Wednesday, March 10 at 7:00 p.m. I'm looking forward to seeing a lot of new faces!

## SUNDAY SCHOOL NEWS

As we begin our *Lenten Journey*, the Sunday School program will be very busy. Please try and make the classes during lent, as they are sequential. All classes will have lessons Lent specific. For all parents, please take time to go to our cathedral website ([www.annunciation.org](http://www.annunciation.org)) and look at our new Sunday School page. All important dates and information are listed there and you will also find links to help you raise your children in an Orthodox home. A special thanks to Jim Loukas for bringing this page to reality.

The St. John Chrysostom Oratorical Festival will be held this year Sunday, March 28, 2004 immediately following the Divine Liturgy. The purpose of the Oratorical Festival is to give our youth (ages 9 - 18),

the opportunity to learn, write, and speak about their identity as Greek Orthodox Christians. It cultivates growth and maturity, while the Festival atmosphere minimizes the competitive spirit and emphasizes a joyful learning experience. Our youth will hear a variety of speakers give suggestions to both the public speaking and religious topics. A "Dress Rehearsal" will take place Sunday, March 21, 2004. For further information on the Festival, please contact your child's Sunday School teacher or Denise Yeilding, Sunday School Principal.

The Sunday School will sponsor Presanctified Liturgy on Friday, April 2, 2004. The children of Sunday School normally do the readings in this service and we follow the service with a wonderful Lenten meal cooked by Mr. & Mrs. Vellis. (This year a number of adults participating in the Lenten Program will also participate in the Liturgy and in the readings, as well.) It is a wonderful family event. This year we will begin at 6:00 PM, a little earlier so that we may eat dinner at 7:30 PM. The readings will be passed out at Sunday School at the end of March for children to take home and practice. Everyone is welcome to join us; the Lenten dinner is, of course, complimentary.

Mark your Calendar for TGI Pascha, Friday, April 9, 2004. Children ages 4 - 12 years old participate in a wonderful day of crafts and religious education. Youth ages 13 and older are encouraged to volunteer in the classrooms. Flyers will be sent home. See Denise Yeilding for more information.

## HIGHLIGHTING OUR YOUTH: STEPHANIE VORRISSES

Found in the College of San Mateo Bulldogs publication, alongside her picture, is the following blurb about Stephanie. We are very proud of her and would like to share the info. with you:

"Sophomore - 5'9 Forward, Sacred Heart Cathedral High School [graduate], "Steph" earned the Most Improved Player for the Bulldogs last season...did not play on her high school team, yet played in Greek [Orthodox] basketball leagues while she was in school...earned the last spot on the team last year, yet worked her way to a starting position by conference play...known for her strength on the inside...finds a way to score in situations that don't seem possible...most memorable basketball moment was making the CSM team and scoring the winning basket in the victory over Gavilan...earned a 3.7 GPA last year...undecided on her major...works at Action Sports...enjoys hanging out with friends in her spare time...daughter of Louise and Jim...sister of Denis (29), Marie (24), and Angelo (22)...born in San Francisco on October 15, 1984.

Favorites: Book: Go Ask Alice; Food: Pizza and Gnocchi; Music: L Hip Hop and R & B; Movie: Set it Off; TV Show: That 70's Show; WNBA Team: Sting; NBA Team: Kings; College Team: North Carolina; Parish: Annunciation, of course!





Join us for an evening of fun and laughter as The  
Annunciation Cathedral presents the comedy of  
"BASILE"



Saturday, May 15, 2004

at The Annunciation Cathedral, 245 Valencia Street, San Francisco, CA

Hors d'oeuvres, complimentary wine and no host bar at 7:00 p.m.

Performance at 8:00 p.m.

\$40.00 per person

Attended Parking

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"BASILE" Saturday, May 15, 2004

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Please reserve \_\_\_\_\_ seat(s) @ \$40.00 per person. Make checks payable to The  
Annunciation Cathedral and return by May 1, 2004 to 245 Valencia Street,

San Francisco, CA 94103

For further information call Pat Aleck (415)566-8544, Pat Destein (415)883-7477 or

Dr. George Ambadiotakis Ambus (650)583-5121.



# MOTHER'S DAY LUNCHEON & FASHION SHOW

*The Greek Orthodox Ladies Philoptochos Society  
of the Annunciation Cathedral*

*Request the pleasure of your company*

*At the 45th Annual Mother's Day Luncheon and Fashion Show*

*A Bridal Affair*

*On Saturday, the eighth of May*

*Two thousand and four*

*At eleven thirty in the morning until three thirty in the afternoon*

*Annunciation Cathedral Korinthias Hall*

*245 Valencia Street*

*San Francisco*

*Reservations \$40.00 per person*

*For reservations please call 415 864-8000*

*Attended parking Available*

*RSVP*

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*Name*\_\_\_\_\_

*Address*\_\_\_\_\_

*Telephone Number*\_\_\_\_\_

*Please reserve \_\_\_\_\_ seat(s) at \$40.00 per person or table of 10 for \$400.00*

*Make checks payable to Ladies Philoptochos Society and return by April 25, 2004  
245 Valencia Street, San Francisco, California 94103*

*Tickets and seat assignments will be waiting for you at the door the day of the event*



## ANNUNCIATION CATHEDRAL SUNDAY SCHOOL CALENDAR

Sunday, March 7	Regular classes held/Speaker to 4-8th grade - Oratorical Festival speaking tips
Sunday, March 14	Veneration of the Cross/children's procession after liturgy
Sunday, March 21	Rehearsal for Oratorical Festival- followed by the Greek Independence parade in the afternoon
Thursday, March 25	Annunciation Day
Sunday, March 28	Oratorical Festival after Divine Liturgy
Friday, April 2	Presanctified Services/ Children do readings - Lenten Dinner following Service
Saturday, April 3	Services/ Palm tying/Pancake Breakfast- Confession given to 5th -8th grades
Sunday, April 4	Palm Sunday / Class photos taken
Friday, April 9	TGI Pascha for all Sunday School Children
Sunday, April 11	Easter (no classes held)
Sunday, April 18	Regular classes held
Sunday, April 25	Regular classes held
	Diocese Oratorical Festival /Novato
Sunday, May 2	Regular classes held
Sunday, May 9	Mother's Day projects
May 14 -16	Metropolis Oratorical Festival Finals
	St. Nicholas Ranch
Sunday, May 16	Expression of Faith/Open House
	Parents visit the classrooms
Sunday, May 20	Ascension Sunday - regular classes held
Sunday, May 23	Regular classes held
Sunday, May 30	Pentecost Sunday - regular classes held
Sunday, June 6	Last Day of Sunday School - Graduation/Luncheon

Regular Sunday School Classes held 10:30 am - 11:30 am The students then go to the Church for Holy Communion and remain until the conclusion of the Divine Liturgy.

### BOWLING, ANYONE?

An evening of fun and fellowship. How about it? Bowling, anyone? Come, join the fun. Every Tuesday evening, about two dozen members of the Cathedral gather at Serra Bowl on Junipero Serra Boulevard in South San Francisco for a friendly evening of bowling. We have six teams of four bowlers each and meet by 6 p.m. at alleys 1 through 6. (We finish bowling around 8:30 p.m.) We often have an empty spot on a team and would use a substitute. Beginners and "seasoned" bowlers are all welcome.

Our season begins the second week of September and runs through April-breaking from May through August. (We also take a week off during Holy Week and two weeks between and during Christmas and New Year's. The group started bowling (believe it or not) in 1969--the list of bowlers that have practiced from Annunciation would surprise you. The bowlers have changed through the years (a few originals still bowl), and we would like to invite you to come on down--come just to watch or bowl as a substitute--you may find yourself enjoying it enough to sign up for a team. How about it? For more information, contact **Mariam Arsinoos** at the Cathedral at 415 864-8000 or talk to **Mike** or **Peter Emily Bagatelos**, **Foula Vasilogorgis**, or **Alexia Kleinekorte**--they bowl with us, too!

Known as "the 'Tsougy' League," we look forward to welcoming you. Come on--up off the couch, turn off the TV, and participate in a fun activity!

## JOY (JUNIOR ORTHODOX YOUTH)

Joy sponsors annual pancake breakfast / Palm tying event Saturday, April 3, 2004. The pancake breakfast will begin immediately following the service for Lazarus.

Service 10:00 am

Breakfast 11:00 am

The youth (ages 10 - 18) will be encouraged to participate in confession (one on one with the priest) during the palm tying in preparation of Holy Week. Everyone is welcome and encouraged to participate.

### A TASTE OF GREECE 2004

It's time to again mark our calendars for the Annunciation Cathedral's and San Francisco's only Greek Food Festival, A Taste of Greece, running September 17,18,19, 2004. Last year's event was a great success featuring homemade delectable pastries by our Ladies Philoptochos Society, homemade mouth watering Greek cuisine by the many people who prepared them, as well as outstanding performances by all our dance groups. Once again, Father Stephen, the Parish Council and the Food Festival committee would like to thank all those who volunteered and all our parishioners for their support.

We are at the early planning stages for this year's festival and have added an exciting new OPPORTUNITY to become involved. Don't feel like cooking or dancing all weekend? We are looking for a few motivated people to develop a Community Awareness Team to encourage San Franciscans to come out and enjoy a weekend of Greek culture. Ideally this creative brainstorming team will seek ways to expose the community to our Festival through free advertising in local publications, networking and creating flyers, just to name a few. Don't be shy. Minimal time commitment! Your help is really to set new attendance records for this year's Festival. Those interested should contact **Tessie Calligeros Obester**, our Food Festival Chair, or, if you know someone in our parish who would enjoy the challenge, nominate (suggest) a friend to join the team.

Of course, we also need volunteers for all other Festival activities - so mark your calendars and become involved! Our festival committee will be sending information in the next few weeks so please consider the opportunities. Our next Festival Meeting is scheduled for Tuesday, March 16th at 7pm at the Cathedral. If you would like to attend please contact **Tessie Obester** at 650/728-3110.



# ΝΕΑ ΤΟΥ ΕΥΑΓΓΕΛΙΣΜΟΥ

## ΒΙΒΛΙΚΗ ΜΕΛΕΤΗ

Καθ' όλες τις Κυριακές του Μαρτίου, μετά τη Θεία Λειτουργία, η Μελέτη της Αγίας Γραφής συνεχίζεται, με την Μαρίνα Τέυλορ, με θέματα 1. Τα Πάθη, τον Σταυρό και την Ανάσταση του Κυρίου μας, και 2. Πως κι εμείς πρέπει να συσταυρωθούμε μαζί Του. Μερικές από τις Ερμηνείες που θα καλυφθούν, σύμφωνα με την Αγία Γραφή και τους Πατέρες της Εκκλησίας είναι: Οι Δυο Φύσεις του Χριστού κατά το 'Αγιον Πάθος· Οι Επτά Λόγοι του Κυρίου πάνω στο Σταυρό· Ο Νυμφίος της Εκκλησίας, Η Αξία της Κυριακής, και Η Έννοια του Πάσχα. Μην λησμονήσετε να φέρνετε κάθε Κυριακή την Καινή Διαθήκη και το κασσετόφωνο σας.

## Η ΜΕΓΑΛΗ (ΤΕΣ)ΣΑΡΑΚΟΣΤΗ ΑΡΧΙΣΕ ΣΤΙΣ 23 ΦΕΒΡΟΥΑΡΙΟΥ

Η Μεγάλη Σαρακοστή (άλλως Τεσσαρακοστή = 40), άρχισε την Δευτέρα, 23 Φεβρουαρίου. Αυτή η ημέρα είναι γνωστή ως Καθαρή Δευτέρα. "Καθαρή" λέγεται διότι στόχος της περιόδου αυτής είναι ο καθαρισμός του σώματος και της ψυχής. Γι' αυτό η νηστεία, που είναι απαραίτητη για τον Ορθόδοξο Χριστιανό, δεν είναι μόνον ο περιορισμός εδεσμάτων (φαγητού), αλλά και η αποφυγή αμαρτημάτων, ώστε να προσανατολισθούμε ψυχικά, γιορτάζοντας την μεγάλη γιορτή του Πάσχα με καθαρή συνείδηση, και με ανανεωμένο ζήλο, αγάπη και πίστη. Γι' αυτό και αυξάνονται οι ιερές ακολουθίες...κάθε Τετάρτη τελείται η Θεία Λειτουργία των Προηγιασμένων Δώρων, κάθε Παρασκευή οι Χαιρετισμοί. Ακόμα, την τελευταία Παρασκευή, πριν το Σάββατο του Λαζάρου, συγκεκριμένα στις 2 Απριλίου, η Θεία Λειτουργία των Προηγιασμένων Δώρων θα τελεσθεί στις 6 το απόγευμα (αντί στις 10 το πρωί) ώστε να μπορέσουν να παρευρεθούν όσοι εργάζονται. Το Σάββατο του Λαζάρου πάλιν τελείται η Θεία Λειτουργία. Και, από την Κυριακή των Βαΐων το βράδυ οι ακολουθίες του Νυμφίου, μέχρι την Μεγάλη Τετάρτη, όταν συνηθίζουμε να τελούμε το Ιερό Ευχέλαιο. Εφέτος μάλιστα, θα τελέσουμε το Ιερό Ευχέλαιο δύο φορές την Μεγάλη Τετάρτη. Η μία θα είναι παιδική (πιο σύντομη) ακολουθία, στις 4 το απόγευμα. Η άλλη είναι η κανονική, που θα τελεσθεί στις 7 μ.μ. Εκτός από την Θεία Λειτουργία την Μεγάλη Πέμπτη (της οποίας η Θεία Κοινωνία κρατιέται όλο το χρόνο στο Αρτοφόρειο που ευρίσκεται στην Αγία Τράπεζα επάνω, για ώρες ανάγκης) τελείται και η ακολουθία γνωστή ως "Τα Δώδεκα Ευαγγέλια." Την Μεγάλη Παρασκευή θα τελεσθούν τρεις ακολουθίες, οι Μεγάλες Ώρες στις 10 το πρωί, η Αποκαθήλωση στην 1 το μεσημέρι, και ο Επιτάφιος Θρήνος στις 7 το απόγευμα. Το Μεγάλο Σάββατο ο Εσπερινός και η Θεία Λειτουργία, γνωστή ως "Η πρώτη Ανάσταση", θα τελεσθεί από τις 7 το πρωί. Η προεόρτιος ακολουθία θα αρχίσει στις 11 τη νύκτα, και η Ακολουθία της Αναστάσεως μαζί με τη Θεία Λειτουργία του Πάσχα θα αρχίσει ακριβώς στις 12 τα μεσάνυχτα.

Εφέτος σκεφθήκαμε να τελέσουμε όλες τις ακολουθίες στο γυμναστήριο αντί στο παρεκκλήσι (όπως κάμαμε πέρυσι την Κυριακή των Βαΐων), για να

εξυπηρετήσουμε τον κόσμο που εκκλησιάζεται αυτές τις μεγάλες μέρες των Θείων Παθών και της Ανάστασης. Μαζί με αυτές τις πληροφορίες ευχόμαστε σε όλους "καλή Ανάσταση".

## ΝΕΑ ΣΥΝΘΕΣΗ ΤΗΣ ΑΓΙΑΣ ΚΑΙ ΙΕΡΑΣ ΣΥΝΟΔΟΥ ΤΟΥ ΟΙΚΟΥΜΕΝΙΚΟΥ ΠΑΤΡΙΑΡΧΕΙΟΥ

Ο Παναγιώτατος Οικουμενικός Πατριάρχης κ. Βαρθολομαίος με επιστολή του προς τον Σεβασμιώτατο Αρχιεπίσκοπο Αμερικής κ. Δημήτριο με ημερομηνία 19 Φεβρουαρίου 2004 καθιστά γνωστή την ιστορική απόφαση διευρύνσεως και νέας συνθέσεως της Αγίας και Ιεράς Συνόδου του Οικουμενικού Πατριαρχείου. Σύμφωνα με αυτή την απόφαση η Σύνοδος της Μεγάλης του Χριστού Εκκλησίας θα συγκροτείται στην Κωνσταντινούπολη και κατά το άλλο ήμισυ από έξι Αρχιερείς οι οποίοι θα προσκαλούνται περιοδικά από επαρχίες του Οικουμενικού Πατριαρχείου εκτός Τουρκίας. Διά του ιδίου Πατριαρχικού Γράμματος ο Παναγιώτατος καθιστά τον Αρχιεπίσκοπο Αμερικής κ. Δημήτριο μέλος της νέας αυτής Αγίας και Ιεράς Συνόδου του Οικουμενικού Πατριαρχείου κατά την συνοδική περίοδο η οποία αρχίζει από 1ης Μαρτίου 2004.

## Η ΚΟΙΝΟΤΗΤΑ ΜΑΣ ΤΙΜΑ ΤΗΝ ΠΑΝΑΓΙΩΤΑ ΑΛΕΞΟΠΟΥΛΟΥ

Στις 25 Απριλίου, ημέρα Κυριακή, και ώρα 6 το απόγευμα, η Κοινότητα μας τιμά με δείπνο την Παναγιώτα Αλεξοπούλου (Πατ. Άλεκ) για την μακρόχρονη υπηρεσία της στην Κοινότητα. Η Πατ χρημάτισε πρόεδρος του Κοινοτικού Συμβουλίου επί 6 έτη, ήτο δε μέλος του επί 30 έτη και παραπάνω. Επίσης, ως μέλος του προεδρείου της Φιλοπτώχου Αδελφότητας του Καθεδρικού μας Ναού, επίσης και της Φιλοπτώχου Αδελφότητας της Μητρόπολης του Αγίου Φραγκίσκου, εργάζεται ακούραστα για το καλό της Ελληνικής μας Ορθόδοξης παροικίας.

Αφού γίνει δεξίωσις στις 5, το τραπέζι θα επακολουθήσει στην μεγάλη αίθουσα δεξίωσης της Κοινότητας. Ελάτε, λοιπόν, να πούμε όλοι το "ευχαριστώ" στην Πατ. Η προσφορά είναι \$40 το άτομο.

Για να κλείσετε θέσεις ή για περισσότερες πληροφορίες, τηλεφωνήστε στο γραφείο του Ναού, στο 415 864-8000.

## ECUMENICAL PATRIARCHATE EXPANDS SYNOD

A recent release by the Ecumenical Patriarchate announces the re-composition of the Holy Synod of the Ecumenical Patriarchate, to include, for the first time, hierarchs from other parts of the world. The Synod, which, together with the Ecumenical Patriarch, govern the Patriarchate, of which our Archdiocese of America is a part, effective March 1, 2004, will consist of six hierarchs from the Church of Constantinople and six hierarchs from outside Turkey. Archbishop Demetrios, Primate of the Greek Orthodox Church in America, which is under the jurisdiction of the Ecumenical Patriarchate, has been designated a member of the Holy Synod. The move is historic inasmuch as it broadens the scope of the Ecumenical Patriarchate,



# ANNUNCIATION CATHEDRAL CALENDAR OF EVENTS

# March 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7:30 - Dance Practice Basketball Practice	Presanctified Liturgy - 10am Greek School Basketball Practice 7 - Phase 2 Committee Meeting	Basketball Practice	7pm - 2nd Salutations	
	1	2	3	4	5	6
		6-7:30 - Dance Practice Basketball Practice	Presanctified Liturgy - 10am Greek School Basketball Practice 7 - GOYA Meeting 7 - Basile Committee Meeting	1-Philoptochos Meeting Basketball Practice	7pm -3rd Salutations	
7	8	9	10	11	12	13
VENERATION OF THE HOLY CROSS Sunday School Children process following Liturgy		9-Philoptochos Bus Tour to Carmel	Presanctified Liturgy - 10am Greek School Basketball Practice 7 - Parish Council Meeting	Basketball Practice	7pm -4th Salutations	
14	15	16	17	18	19	20
Greek Independence Day Parade		6-7:30 - Dance Practice Basketball Practice	Presanctified Liturgy - 10am Greek School 7 - Annunciation Vespers	ANNUNCIATION 9:00 - Orthros 10:30 - Liturgy Noon - Luncheon sponsored by Philoptochos	7pm -Akathist Hymn Service	
21	22	23	24	25	26	27
Noon - Oratorical Festival		8:30 - Easter Bake- Koulourakia 6-7:30 - Dance Practice Basketball Practice	Presanctified Liturgy - 10am Greek School Basketball Practice	<b>Sunday Schedule</b> 9:00 am - Orthros 10:30 am - Liturgy & Sunday School 12:00 am - Coffee Hour 12:30 am - Greek Bible Study		
28	29	30	31			



DATES  
TO REMEMBER

MARCH 25  
ANNUNCIATION LUNCHEON

MARCH 28  
ORATORICAL FESTIVAL

APRIL 11  
EASTER

MAY 8  
MOTHER'S DAY LUNCHEON

JUNE 20  
FATHER'S DAY

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TO EVERYONE -

ENJOY

A GREAT LENT

AND

A BLESSED

EASTER!

~ ~ ~ ~ ~

ANNUNCIATION CATHEDRAL

245 VALENCIA STREET, SAN FRANCISCO, CA 94103-2320



Orthodox Institute  
2311 Hearst Ave.  
Berkeley, CA 94709